

Brushing Buddies

An Oral Health Program
For Preschool Children
& Their Families



Table of Contents

Overview	1
Planning Guide	2
Planning	2
Establish goals and objectives for the Brushing Buddies event	2
Define Audience And Brushing Buddies Focus	2
Offer Appropriate Information and Activities To Your Audience	3
Determine Best Time For The Brushing Buddies Event	3
Determine Physical Space/Location	4
Prepare Budget and Obtain Approval	5
Execution	5
Establish Timetables	5
Engage Support From Providers And Volunteers	5
Decide Upon and Prepare Activities and Demonstrations	6
Order Educational and Promotional Materials	7
Prepare Paperwork	7
Prepare the Mechanics	7
Publicize	8
Follow Up	8
Maintain Contact with Brushing Buddies Attendees	8
Build On And Enhance The Positive Community Relations That Occurred	9
Document and Report	9
Brushing Buddies Timetable and Checklist	10
Marketing and Maximizing Local Resources	12
Setting Up Your Brushing Buddies Event	15
Physical Surroundings	15
As The Children Come To Brushing Buddies	16
The Story	17
Brushing Buddies Activity Centers	18
Fruit and Vegetable Bean Bag Toss	18
Face Painting	18
Music Booth	19
Visit The Dental Hygienist	19
Touch, Feel, Smell Booth	19
Make Your Own Cookie Cutter Cheese Shape	19
Reading Corner	19
Guess the Food	20
Making “Tooth-Friendly” Snacks	20
Happy Tooth–Sad Tooth	20
Sunny Smiles	20
Tooth Brushing Reminder Mobile	21
Tooth Saver Bags	21
Making Ants On a Log and Orange Smiles	21
Merry Go Round Snacks	21
Healthy Eating Hokey Pokey	22

Can The Toothpaste Catch the Tooth Brush?	22
Everyone Smile!	22
Nutrition Bowling	23
Healthy Teeth Walk	23
Visit The Dentist's Office	23
Appendix	24
Resource Addresses	25
Oral Health Resources for Families	30
Books For Children	30
Oral Health Web Sites	31
Brushing Buddies Shopping List	33
Master Copies of Brushing Buddies Materials	36

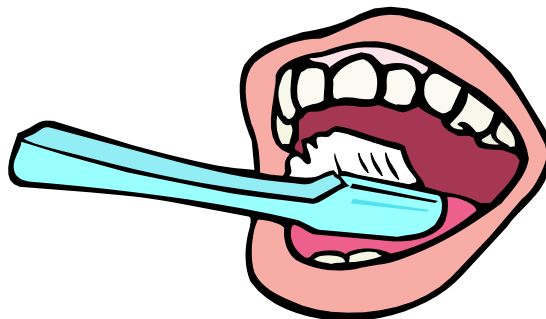
Brushing Buddies

Overview

This notebook provides a plan for a comprehensive nutrition and oral health event. The information incorporates the basic concepts of the food guide pyramid, the 5-a-day message to increase fruit and vegetable consumption, encourages physical activity, reading readiness and oral health messages through a variety of activities. Segments of the materials can be modified and used individually in a more traditional classroom setting. The target audience of Brushing Buddies is preschool and their families, but can include other groups with minor modifications.

Brushing Buddies can be the basis for nutrition education contacts for WIC participants or may be used as a community wide activity to promote good nutrition and oral health. You may wish to solicit the help of other community groups in putting on your event. See the chapter on maximizing your resources for ideas.

Brushing Buddies may be as small or large as you wish. The size and complexity of your event will depend upon staffing, time, money, and interest. This notebook will provide you with the resources you need to develop your own brushing buddies event to educate and entertain your participants. Although this notebook will not supply all the answers to your questions, it will provide a sound basis to begin planning for this nutrition and oral health activity. Good Luck!



Planning Guide

Any successful event requires advance planning and teamwork. Below is an outline of steps to take in planning your community Brushing Buddies club.

Planning

A. Establish goals and objectives for the Brushing Buddies event

Every event will have different goals depending upon its size and scope. Here are a few examples:

- / Increase community awareness of programs, services, and support offered in the areas of nutrition and oral health.
- / Increase knowledge in the importance of oral health and nutrition and to families with young children.
- / Promote a positive image for the program and oral health.
- / Provide family interactions around nutrition and oral health activities in a number of cognitive and skill areas.
- / Promote family literacy activities.
- / Increase participation on WIC nutrition education activities.
- / Increase collaboration with other community groups and organizations.

B. Define Audience And Brushing Buddies Focus

- ° Based upon the goals you wish to achieve, who is your target audience?
- ° Do you have a service they need that you'd like to promote?
- ° Are there barriers to this audience's full participation in Brushing Buddies? If so, can they be eliminated?

C. Offer Appropriate Information and Activities To Your Audience

Address the specific oral health and nutrition needs of your target audience with screening and educational materials. For example:

Children:

Offer child friendly activities that they can enjoy using a variety of senses and skills. Activities should be targeted to the age of child involved in a non-frightening atmosphere. Both gross and fine motor skill activities may need to be present for children who mature at differing rates. Try offering safe giveaways for kids, along with games, crafts, etc.

Specific Ethnic Groups:

Nutrition and oral health information should be related to the needs and concerns of this group. Activities must demonstrate a sensitivity to, and awareness of their culture. Offer entertainment or music that the group would enjoy.

Parents/Caregivers:

Invite child care providers to offer information about child care options. Provide information about the oral health for adults as well as children.

Limited Resource Families:

Brushing Buddies gives an opportunity to focus on the many services available to limited resource families, such as: health department services, dental care resources, the library, and community programs.

D. Determine Best Time For The Brushing Buddies Event

Season: Indoor activities can be held year round, although November and December should be avoided due to hectic holiday schedules. You might want to consider having your Brushing Buddies club in February during National Children's Dental Health Month or October which is National Dental Hygiene Month.

Dates and Hours: What day of the week is most likely to be convenient for your targeted audience? What will be the hours of your event? Given this time frame, will there be any problems with set up and clean-up?

Other Considerations: Are any other major community events planned for this day? Check with your Chamber of Commerce, or obtain a community calendar of events of local schools and organizations. Does the date conflict with a holiday or major religious observance? Will scheduling Brushing Buddies on this date offend or alienate any segment of the community?

E. Determine Physical Space/Location

You may decide to locate your Brushing Buddies event in an area away from the sponsoring organizations. Possibilities include churches, shopping malls, community centers, outdoors under tents, schools, or other open areas. When choosing your site, consider the following:

- U Will this site present any problems for the disabled? Families with strollers? Children?
- U Will the event interfere with other services?
- U Are space modifications necessary to accommodate activity centers?
- U Are there limitations on the number of people this space can accommodate? How many might attend?
- U Are restrooms available? Are they accessible to disabled?
- U Are you holding Brushing Buddies in a gymnasium or other space where noise might be magnified? Plan accordingly.
- U Is parking available?
- U Is it in a high traffic area? Will certain areas need to be closed off?
- U Are there areas for families with young babies to sit and relax?

F. Prepare Budget and Obtain Approval

Now that you know your target audience, the location, and the services and educational materials you want to provide, you can prepare an estimated budget. Some things to consider:

- L Publicity and Promotion--mailings, flyers, advertisements, radio and TV spots, prizes etc. if not donated.
- L Equipment and supplies--tables, chairs, partitions, display boards, audiovisual equipment etc--if not already available or donated.
- L Staff/personnel costs if not volunteered.
- L Printed materials and educational items--if not donated.

Execution

A. Establish Timetable

A handy timetable and checklist are attached to this planning guide, but you will need to adapt it to your needs. At least one month before the event, meet with key members to assure that they are ready for the event and adequate staff/volunteers will be available. If Brushing Buddies is to be held at another location outside of your facility, arrange for round trip transportation of supplies, educational materials, etc. Create a time schedule for the day of the event: arrival of volunteers, activities, set up and clean up times.

B. Engage Support From Providers And Volunteers

If sufficient staff are available, consider establishing committees for Brushing Buddies and assigning tasks and responsibilities.

Publicity/Community Relations Committee

This committee will have the overall responsibility for disseminating information about Brushing Buddies to the target audience through press announcements, fliers, mailings, posters, etc.

Volunteer Committee

This committee recruits volunteers to assist with the activity booths, and act as translators, helpers. These volunteers would participate in supervising games and activities for all ages.

Donations Committee

This committee would solicit donations of time, publicity, materials, food, and items required for Brushing Buddies. They would be responsible for gathering these donations, working with the publicity committee to thank participating sponsors, and provide publicity for those organizations/businesses who participate.

Steering Committee

This committee will be responsible for determining what activities will be included in Brushing Buddies. At least one representative from each of the other committees should be represented on this committee so that all actions can be coordinated. You may also want representatives from other community organizations or WIC participants if you are doing a community wide emphasis.

On the day of the Brushing Buddies event, designate an area where volunteers can leave their belongings. Have coffee or tea available as well. Give each person a special name tag so that visitors will know that they can help if it is needed. Appoint a coordinator at the event to help staff, answer questions, and “put out fires”. Be sure that everyone is aware of who this person is and where they will be. After the event, each volunteer/committee person should be sent letters of acknowledgment for their hard work.

C. Decide Upon and Prepare Activities and Demonstrations

This guide includes several suggestions for activity stations. What will be provided during Brushing Buddies depends upon staffing, budget, time, and space constraints. Additional activities such as dental screening, information on other community organizations, and demonstrations may be added as the committees see fit. Decisions on activities should be made early so all committees can work on activities, publicity, and donations well in advance of the time they are needed.

D. Order Educational and Promotional Materials

After it is determined whether monetary donations or budgeted money will be used, items needed for Brushing Buddies should be ordered well in advance of the event date. Make a master list of all items needed for the activities to be presented.

E. Prepare Paperwork

Make a master folder of all materials that will need copying for Brushing Buddies booths and participants. These may include:

- coloring and activity pages
- craft items
- sticker sheets
- tooth cleaning charts
- name tags
- attendance sheets
- prize tickets or coupons
- educational handouts
- sign up sheets for further information to be sent to the participant later

F. Prepare the Mechanics

The basic layout of your event should be determined early. Consider providing a map of the activity booths for persons attending. Identify restrooms and quiet areas for families. Prepare a list of items that will be needed for the activity area including:

balloons, banners	divider walls or booths
electricity	extra trash receptacles
on-site signs and posters	props, staging
public address system	skirting or table covers
tables, chairs	

G. Publicize

Using the Brushing Buddies theme and characters, begin to publicize the event

with participants, volunteers, and community leaders. Forms of publicity may include:

- Advertise the chance to win a special raffle prize
- Flyers sent home with participants about the upcoming event
- Posters in the health department, WIC office, community areas
- Invitations to the target audience
- Newsletters
- Newspaper advertisements
- Press releases
- Public service announcements in television and radio

Consider getting a celebrity or recognized “public person” to act as spokesperson for the event to help secure pre-event publicity.

Follow Up

A. Maintain Contact with Brushing Buddies Attendees

You may wish to have an evaluation form available after the event to solicit participant feedback. Remember to also solicit input from staff, volunteers, and others involved in the special day.

Send thank you notes to all those contributing to Brushing Buddies. Consider a public thank you in the local newspaper if appropriate.

Schedule follow up meetings with community organizations and others involved in the day's activities to gather information on ways to improve the project if it is repeated.

B. Build On And Enhance The Positive Community Relations That Occurred

Send follow up photos and press releases to the media. Include information about the number of people who attended, activities provided, and the goals and objectives of the day. Be sure to acknowledge support of community organizations and people.

After Brushing Buddies, meet with all the committees and discuss what went well, what didn't work, and what could be done differently. Document this information and keep it in your files for future references.

C. Document and Report

Write a report documenting your results. Distribute this to administration, committee chairs, community leaders, the State WIC office, and all other interested parties. Some information to include:

The number of new participant appointments generated and the value of these new participants.

The number of attendees

The amount of information received by attendees regarding other community oral health and nutrition services

Names of organizations that contributed in any way to the endeavor

Information received from attendees' evaluations

Analysis of attendees' requests for more information (if applicable)



Brushing Buddies Timetable and Checklist

12-6 months before:

- 9 Establish goals and objectives of the event.
- 9 Define target audience and theme
- 9 Determine services, information and activities to be offered
- 9 Determine best strategies for reaching audience
- 9 Determine best time of year, week, and day for the event
- 9 Determine physical space/location
- 9 Prepare budget and obtain approval

6-3 months before:

- 9 Establish timetables
- 9 Engage the support of staff and volunteers
- 9 Decide upon demonstrations and activities to be included
- 9 Invite participating sponsors
- 9 Solicit vendor, community participation
- 9 Reserve any rental equipment

3 months before:

- 9 Order educational and promotional materials
- 9 Prepare paperwork
- 9 Prepare the mechanics

2-1 month before:

- 9 Publicize the event

1 week-day before:

- 9 Set up
- 9 "Dry run" of service and booth locations
- 9 Confirm with all volunteers and staff

Day of the Event:

- 9 Set Up
- 9 Be ready at least one hour early
- 9 Have plenty of readily identifiable help
- 9 Clean up
- 9 Estimate attendance
- 9 Deliver photo and press release to local papers

Follow Up:

- 9 Maintain contact with those who attended Brushing Buddies
- 9 Build on and enhance the positive community relations that occurred
- 9 Document overall results of the event
- 9 Determine possible improvements



Marketing and Maximizing Local Resources

The success or failure of any large nutrition and oral health event such as Brushing Buddies depends greatly on your marketing strategy and the use of local resources. Not everything needed for this kind of event can be covered with funds from only one organization. Other collaborators must be used to cover potential costs and increase the effectiveness of the event.

Many people or organizations will be willing to assist in Brushing Buddies on a short term basis. This might include donations of money, goods, or time to assist in the event. Be creative in determining who may be available in your area to help. Below is just a partial list of people that might be able to help you organize your Brushing Buddies event:

Beta Sigma Phi chapters
Junior League
Kiwanis , Elks, Moose Lodge
Rotary, Jaycees
Church women's organizations
Women's social clubs
College fraternities or sororities
High school service organizations
College or high school students
Senior organizations (RSVP, AARP)
Hospital auxiliaries
Neighborhood Associations
Local merchants
Local radio and television stations
Local churches and synagogues
Local banks
Flower and balloon shops
Local restaurants
Grocery stores
Tourist and convention bureaus
Chamber of commerce
Dance,, gymnastic companies
Libraries
Local dentist, dental hygienist

Local dental association
Farmer's market cooperatives
Wholesale produce /grocery companies
Local dignitaries (mayor, local personalities, politicians)
Art clubs and hobby groups
Head Start programs
Day Care centers
Private industry (such as Hallmark, Fuller Brush, Smith-Birney etc.)
Extension home economists
Performing arts groups
Local musicians
Social service groups (such as Heart Assn., Diabetes Assn., regional dietetic association, etc.)
YMCA-YWCA
Recreation commissions or athletic associations
Parents as Teachers/home visitors

Volunteers can provide a myriad of services at Brushing Buddies. They may volunteer to be story readers, assist with registration, help at activity booths, and more. If your event will be community wide, you will need more volunteers to assist. When you approach potential volunteers, be specific in what services or things you need. Prepare a detailed list of items and services with which you will need help. Many organizations may be willing to help as a service project, or may wish to donate money to your cause if they know where their efforts will be spent.

Once someone has volunteered, keep in close contact with them. Keep them aware of progress being made toward the main event. Let them know well in advance what will be expected of them before, during, and after Brushing Buddies. If possible, add key volunteers to the appropriate committees so that they may assist in the planning and development of the program.

Be sure to give recognition to all persons and organizations that agree to help. Keep a detailed list of contributors so that you may appropriately thank them and give them credit in all media coverage. After the event, solicit their input on what went well, what should be changed for future events, and any potential improvements.

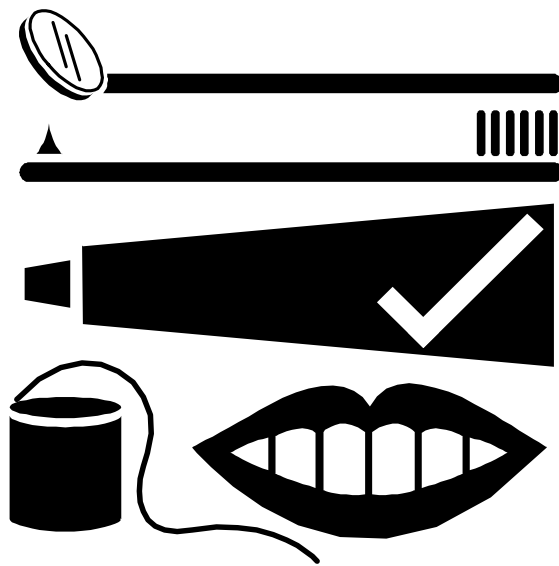
Marketing Your Brushing Buddies Event

An opportunity to try new things and learn about nutrition and oral health can be fun as well as educational. Make Brushing Buddies attractive through marketing. Design colorful posters to publicize the event. These can be used in the WIC office area, libraries, child care centers, and other places where young children and families may see them. If Brushing Buddies is to be open to the larger community, take your advertising to local businesses, schools, and places where your target audience might see them.

Create excitement for Brushing Buddies by dressing up at WIC clinics or community locations as a character associated with good nutrition or oral health. Hand out information about the upcoming Brushing Buddies event. Encourage them to attend and get their nutrition and oral health education while having fun with their children. Let them know about any special activities you may have, and provide information about accommodation for the disabled if appropriate.

Investigate whether public service announcements could be placed on local TV and radio stations regarding your event. These are usually free of charge. Publicize your event in your WIC newsletter, at immunization clinics, or child care centers, libraries or any venue where likely participants may be involved.

Remember, that if your market Brushing Buddies as a fun event for the whole family, many of your participants will want to come. Keep in mind any constraints you may have on facilities, staffing, or time for the event when soliciting participation.



Setting Up Your Brushing Buddies Event

Physical Surroundings

Brushing Buddies can be set up either indoors or outdoors as space and weather permit. If the event is to be indoors, you may wish to decorate the area with streamers from a central point to give the feel of party. The activity stations can be outside this area if space and traffic patterns permit.

Create an atmosphere of fun and excitement by decorating the area and activity centers. Banners reflecting the different activities, balloons, and streamers will add to the festive atmosphere. Set up a registration table at the entrance of the room. This can be the place where each child and their care giver enter the activity area, are given name tags and shown where to go first.

At each booth or activity area, you may wish to provide the child with a “take-home” item to remember their experience. This can be a sticker, coloring page, donated items such as coupons for a piece of fruit from a local grocer, or a food treat. Although this is not necessary, it does add to the experience and make it more memorable for the children.

The story time area should be set up with either chairs or floor space for all participants to sit comfortably and be able to see and hear as the story is read. It may be best to have mats or rugs to designate the area where people should sit. Near the center of the area where the storyteller will be, place a table or chair for props and the story book.

Depending upon budget, staff time and other constraints, your Brushing Buddies event can be very simple or elaborate. Encourage donations from area businesses and organizations. Give them credit on a large poster or on printed materials for their contributions.

As The Children Come To Brushing Buddies

The entrance to the Brushing Buddies area will be the first impression that your participants have of what lies ahead. Decorate the entrance area to catch their attention and encourage them to come to the program. Place banners, stand up characters or people in costume near the entrance.

As each child comes forward, give them a bag with a copy of the book that will be read along with any information on community nutrition and oral health services. If you wish a written record of attendance, have the parent “sign in” on a sheet of paper. This record can be used later to credit attendance at this event for WIC secondary nutrition education.

You may wish to give each child a name tag in the shape of a food item or a tooth (see Appendix for Masters) so that volunteers and staff can call the child by name during various activities. If you wish, you may also want to design a special tote bag for each child. Keep your plans in line with what your budget and staffing will handle.

Explain to the care giver that the first activity will be a reading of the story followed by opportunities to participant in activities surrounding nutrition and oral health. Each family is encouraged to go through all the activity stations. For an added incentive you may wish to have the child receive either a sticker or a mark on a special sheet showing that the activity was completed. At the end, the care giver can take the sheet to the registration table where they will be entered into a drawing for a special prize. Emphasize that they must finish all the areas to qualify for this drawing.

The Story

Brushing Buddies is built around encouraging family reading and literacy while educating about nutrition and oral health. The book chosen for the story time portion of the event is important because it can set the tone for the rest of the activities. There are many excellent books available on nutrition and oral health (See Appendix for a listing of suggested books). It is best to pick a story that fits the age of the intended audience, and will keep their interest.

You may wish to have some “warm up” activities in the reading area you have made, to focus the attention of the families and get them ready for reading the story. This could include the use of music, simple finger play, stretching exercises or other techniques to draw the audience in, encourage them to sit down in the area and prepare to hear the story.

A dynamic and enthusiastic person to read the story is essential. If that person also has experience working with preschool children, this will add to their abilities to work with the audience. Local libraries often have story times for preschool children and their families and may be willing to participate in the Brushing Buddies story time by reading the chosen story. To get the children involved in the story, the reader should ask the children questions as the story progresses or use props representing the different characters in the book. He or she can also provide the transition between the story time and the activities to come by providing parents with directions about moving around the activity centers.



Brushing Buddies Activity Centers

The activity centers are the heart of reinforcing the knowledge learned during the story time and extending it at home. The activity centers give children and their families an opportunity to learn about nutrition and oral health in a non-threatening environment linked with fun. Each activity booth should include age appropriate activities linked with nutrition, oral health, and where possible include physical activities. You may have as many centers as you prefer, considering staff, time, space and monetary constraints. This can be a great area to promote other services within your organization or community. Be creative in how you promote nutrition and good oral health activities.

Suggested Brushing Buddies Activities

Fruit and Vegetable Bean Bag Toss

Make bean bags in the shapes of fruits and vegetables. The children try to toss the bean bags through a cut out board in the shape of a large toothy smile. This helps the children develop gross motor skills, learn about fruits and vegetables, and identify that fruits and vegetables are healthy snacks for their bodies and their teeth. As a “prize” for completing the activity, the child might receive a fruit sticker or stamp on their sheet, coupons for a free piece of fruit or a vegetable from the grocery store, or a tooth saver bag.

Face Painting

This is a fun activity for children of all ages. The children identify and choose from a chart various shapes including foods, teeth, toothbrushes and the Food Guide pyramid. The child picks the one they want and the design is painted on their cheek. An alternate activity can be for the child to get a rubber stamped design on their hand. Each child should be given information about the food, tooth or the pyramid shape they have chosen to reinforce how this item fits into good nutrition and oral health.

Music Booth

At this booth, children participate in singing short songs about food and good oral health habits. Songs that might be used could come from the Kid's Club materials, song books from the library, or popular children's videos. Each song could be taught along with arm movements to incorporate some physical activity.

Visit The Dental Hygienist

Children and their families visit with local dental hygienists who demonstrate using a large set of teeth and a giant toothbrush how to properly brush their teeth. Each child has the opportunity to try the brushing themselves. Each child may be given a tube of toothpaste, or a tooth brushing chart to take home.

Touch, Feel, Smell Booth

At this booth, children are given a chance to see, touch, feel, smell, and taste new food items. The items should be different shapes, colors or textures. Be creative in your choices. Try kiwi, broccoli, tofu, string cheese, lemon, and other distinctive foods. Point out foods that are "tooth-friendly" snacks.

Make Your Own Cookie Cutter Cheese Shape

Children use cookie cutters in the shape of teeth, triangles, or foods to cut out their slice of cheese. The workers at this booth can emphasize where cheese come from, where it fits in the food guide pyramid and remind the children that cheese is a "tooth-friendly" snack. Examples of different kinds of cheese could also be available for children to see, smell and taste.

Reading Corner

Children are invited to stay and listen to stories about food or oral health. The stories should be short and easily followed even if a child comes to the activity late. See the appendix for a suggested list of books, or check with your local librarian for ideas and suggestions.

Guess the Food

Use a large sock or a small paper bag and in it place one food or oral health related item. Have a tray with several items on it, including one

identical to the item in the sock out for the children to see. Let them feel the food through the sock, and try to decide which object is hidden from view. After they guess, ask them to identify what the object is, and it helps their teeth stay healthy.

Making “Tooth-Friendly” Snacks

Choose a simple “tooth-friendly” snack (See Tasty Treats for Teeth cookbook for ideas). Have the ingredients in large bowls where families can put together their snack. Explain how the snack keeps their teeth healthy and what foods are not good snacks for teeth. Provide a copy of the cookbook or a recipe sheet for each family to take home.

Happy Tooth–Sad Teeth

Have a picture of a sad and happy tooth (See Appendix for master copy) attached to individual boxes or containers. Collect pictures of various foods that are good and bad for your teeth. Have each child place the pictures into the appropriate container where he or she feels the food fits. Volunteers can explain that sugary and sticky foods make our teeth “sad” while fruits, vegetables, cheese and other healthy foods make our teeth “happy”.

Sunny Smiles

From red construction paper, cut out large lips (See Appendix for master copy). Have strips of precut white paper about 1 inch in width ready for the children. Using child safety scissors, each child will cut out teeth and attach them to their own smile. Glue sticks can be used to attach the teeth to the lips. Each child can be reminded that their smiles are important. The activity will provide experiences using fine motor skills in cutting and pasting.

Tooth Brushing Reminder Mobile

Copy the various sections of the tooth brushing mobile (See Appendix for master copy) on colored card stock. Cut out the sections and have ready

for the participants. Cut colored yarn in sections approximately 24-36 inches long. At the center, help children and their families assemble their own mobile using scotch tape. Encourage them to use the mobile as a reminder when to brush their teeth each day.

Tooth Saver Bags

Decorate pre-made tooth saver bags using fruit and vegetable or tooth rubber stamps and washable ink pads. Children can decorate their bag while volunteers talk about losing your first tooth and how eating healthy foods can help those new teeth stay healthy as well.

Making Ants On a Log and Orange Smiles

Stuff celery with light cream cheese and dot with raisins to make ants on a log. Cut oranges into small wedges that children can eat and make orange smiles. Children can help prepare their own snacks. Have a sheet of ideas for parents to take home of other quick snacks for children.

Merry Go Round Snacks

Slice apples into round sections. Take out the seeds. Spread with peanut butter. Place pretzel rings standing up in the peanut butter. Discuss where peanut butter, pretzels, and apples fit in the food pyramid. Eat and enjoy.

Healthy Eating Hokey Pokey

This is a new version of the old favorite Hokey Pokey song. Use the movements and verses together as shown. Use pictures of the foods to cue the children which food group you are using.

Movement:

1. Right hand
2. Right leg
3. Left arm
4. Left leg
5. Stomach
6. Whole self

Verse:

I put my fruit in
I put my fruit out
I put my fruit in
And I shake it all about,
I do the Good Eating bop
And turn myself around.
That's what it's all about.

Next verses: 2-veggie, 3-meat, 4-milk, 5-bread

Can The Toothpaste Catch the Tooth Brush?

You will need 2 Nerf balls of different colors for this activity. The children stand in a circle. Pass one of the balls, "Tooth Brush" around the circle. Toss a second ball, "Toothpaste", from child to child in the same direction as the first ball. The children must keep both balls moving without stopping. The object of the game is for the toothpaste to catch up with the toothbrush. When one player has both balls, everyone shouts, "Toothbrush and Toothpaste!"

Everyone \$mile!

Each family has the opportunity to get their picture taken with a stand up display of the characters from the book that was read. Using a Polaroid camera, the family can pose with the characters and take their picture home. At the table nearby, have card stock picture frames ready (See Appendix for master copy) to be decorated with stickers or stamps. Pictures can be attached to the frame using double stick tape. A strip magnet attached to the back of the frame will allow the picture to be hung on a refrigerator or other metal surface.

Nutrition Bowling

Set up a group of bowling pins made from empty frozen juice concentrate containers or quart sized milk containers. Mark off two lines to stand behind to bowl. Allow the youngest children to stand fairly close to the pins. The goal is to knock down all the pins. Talk about drinking milk or unsweetened drinks to keep their teeth strong and decay free.

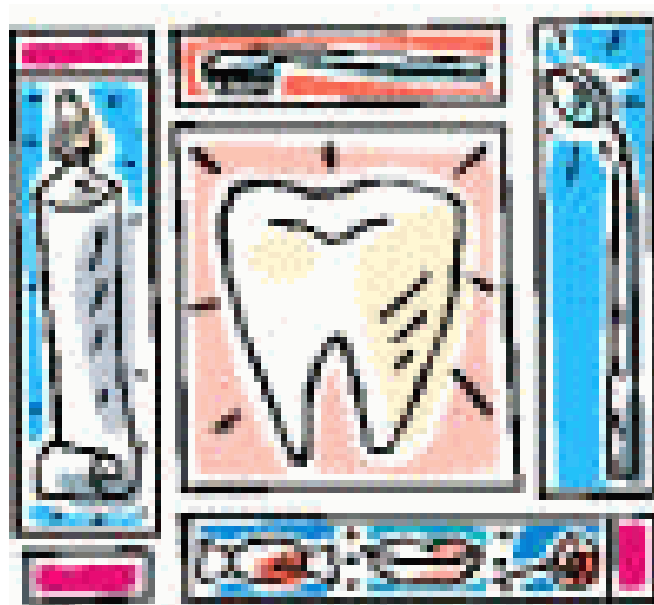
Healthy Teeth Walk

Enlarge illustrations of healthy foods, teeth, toothbrushes, toothpaste, etc. so that each one fills a piece of paper (See Appendix for master copies). Color and laminate the pictures if desired. Arrange pictures in a large circle on the floor. Have each child stand on a picture. Start music. While music plays, children walk from picture to picture. When music stops, children stand still. The leader draws a card out of a sack or box and shows it to the group (Pictures are smaller versions of those found on the floor). The child standing on that picture names the object drawn. Repeat. Allow the child who was standing on the previous object to draw the next card out of the box.

Visit The Dentist's Office

With the assistance of a local dentist, allow children and their families to meet a dentist in a non-threatening environment. The dentist can explain what would happen when they visit the office, show copies of x-rays on a viewing screen and share other information on dental care. Children can try on dental smocks, see the mirrors, masks, and other items they might see in the dentist's office. Each child could be given a toothbrush to take home.

Appendix



Resource Addresses

The following companies are listed as potential resources for objects that can be used in putting on Brushing Buddies. The listing of any of these companies should not be construed as an endorsement of these products over any others.

Yummy Designs

PO Box 1851-E

Walla Walla, WA 99362

Call/fax toll-free: 1-888-74-Yummy

Large Mylar fruit and vegetable balloons. Fruit packet includes an orange, apple, banana, grapes, and strawberry balloon. Vegetable packet includes broccoli, celery, carrot, tomato, peas-in-a-pod balloons. Company also carries fruit and vegetable bean bags, many puppets, and games for young children.

Washington State Dairy Council

4201 198th St. SW

Suite 102

Lynnwood, Washington 98036-6751

Phone: 1-425-744-1616

Toll Free Fax: 1-800-470-1222

<http://www.eatsmart.org>

e-mail: [nutrition @ eatsmart.org](mailto:nutrition@eatsmart.org)

Variety of materials available including food guide pyramid magnets, stickers, taste buddies stamp set, materials for preschoolers, games and handouts.

NEAT Solutions

908 Tavan Estates Drive

Martinez, CA 94533

(510) 228-6837

Company provides innovative materials for the classroom or special events including bulletin board trimmers, posters, name tags, stickers, and much more.

Warren Publishing House, Inc.

PO Box 2250

Everett, Washington 98203

1-800-773-7240

This publisher provides Totline books, story and activity books for preschool children. Of special interest may be the Cut and Tell cutout story books that can be used for flannel boards, puppets, or songs. Several have food related themes.

**Positive Promotions
40-01 168th Street
Flushing, NY 11358
Phone: 1-800-635-2666
Fax: 1-800-635-2329**

This company provides a number of items that can be used as promotions during health and nutrition fairs, and other community events. Some can be imprinted with the agency name for an additional fee. Goody bags, pens, magnets, stickers and crayons are only a few of the items they offer.

**REMLINE Corp.
139 E. Chestnut Hill Rd
Newark, DE 19713
Phone: 1-800-555-6115
Fax: (302) 737-4778**

This company is the official provider of Five-A-Day promotional items including cups, mugs, lunch bags, Band-Aids, book marks and more. A minimum of \$50.00 must be ordered at a time.

**Practice Resource
8000 85th Avenue North
PO Box 43300**

Brooklyn Park, MN 55443-0300
Phone: 1-800-468-4144
Fax: 1-800-468-8814

This company carries supplies for the dental office including toothbrushes, toothpaste, stickers, note pads, bags and more.

Sherman Specialty Company, INC.
PO Box 401
Merrick, NY 11566-0401
Phone: 1-800-645-6513
FAX: (516)-546-7496
www.ShermanSpecialty.com

This is the place to order your “give away” items including dental related toys, cards, stickers and more. Personalized bags are also available.

Medibadge
P O Box 12456
Omaha, NE 68112
Phone: 1-800-228-0040
FAX: 1-800-546-1072
www.medibadge.com

This is the ultimate place to order stickers for children. They have a variety of subjects including nutrition and dental related stickers. Also available are jewelry, pencils, and toys for children.

Constructive Playthings
13201 Arrington Road
Grandview, MO 64030-1117

Phone: 1-800-448-4115
FAX: (816)-761-9295
www.cptoy.com

You will find everything you need for any preschool activity in this catalog including a large set of teeth and giant toothbrushes, dental health books, and more.

Preventive Dental Specialties, INC
8310 Technology Drive
Weston, WI 54476
Phone: 1-800-352-9669
FAX: (715)-359-9581
<http://www.prevdentspec.com>

This company supplies toothbrushes for infants, toddlers, and children.

SmileMakers, INC
PO Box 2543
Spartanburg, SC 29304-2543
Phone: 1-800-825-8085
FAX: 1-800-825-6358
www.smilemakers.com

Another resource for toys, stickers, and give away items on nutrition and oral health themes.

Dairy Council of Wisconsin
999 Oakmont Plaza Drive
Suite 510

Westmont, Illinois 60559
Phone: 1-800-993-2479
FAX: 1-800-213-6455

This Dairy council provides a number of materials for nutrition education including a large milk carton costume, inflatable cow toys, cow lunch bags, and more.

Nasco
901 Janesville Avenue
PO Box 901
Fort Atkinson, Wisconsin 53538-0901
(414) 563-2446

Several nutrition education materials are available including food models, pyramid power activity sheets, food guide pyramid stickers and much more.

Oral Health Resources for Families

Books For Children

Brush Your Teeth Please by Leslie McGuire, Jean Pidgeon, Reader's Digest, 1993.

Cousin Ruth's Tooth by Amy MacDonald, Marjorie Priceman, Houghton Mifflin Co, 1996.

Dragon Teeth and Parrot Beaks, Even Creatures Brush Their Teeth by Almute Grohmann, Quintessence Publishing, 1998.

Dragon Tooth by Cathryn Falwell, Clarion Books, 1996.

Food for Healthy Teeth by Helen Frost, Pebble Books, 1999.

For the Truth Ask a Tooth by Dee Coghlan, Phoenix International, 1996.

Freddie Visits the Dentist by Nicola Smee, Barrons Educational Series, 2000.

Happy Snappy Crocodile Takes Care Of His Teeth by Nicola Baxter, 1999.

I Know Why I Brush My Teeth by Kate Rowan, Candlewick Press, 1999.

Just Going to the Dentist by Mercer Mayer, Golden Books Publishing, 1998.

L'il Tooth Visits the Dentist by Sylvie S. Stinziani, Junior Med Publishing, 1998.

Little Bear Brushes His Teeth by Jutta Langreuter,

Little Rabbit's Loose Tooth by Lucy Bate, Diane de Groat, Crown Publishing, 1983.

Ooey Gooley by Erica Farber and J. R. Sanservere, Random House Publishing, 1998.

Rotten Teeth by Laura Simms, Houghton Mifflin Co. 1998.

The Seed Bunny by Jennifer Selby, Harcourt Brace, 1997.

The Tooth Book by Theo Lesieg, Random House, 2000.

Those Icky Sticky Smelly Cavity Causing But Invisible Germs by Julie Stricklin, Gryphon House, 1997.

Oral Health Web Sites

<http://www.prevdentspec.com>

Preventive Dental Specialties, Inc.—carry a variety of dental supplies including toddler toothbrushes.

www.latsa.com

Latsa Company—carry a variety of dental and health education supplies including toothbrushes, books, bulletin board supplies and more.

www.amazon.com

Amazon books has a huge selection children's books. Use the search function with the words teeth or dentist and see what comes up.

www.colgate.com

This is the web site of Colgate-Palmolive. Look up Bright Smiles, Bright Futures for educational materials for children, parents, and educators.

www.practicon.com

Practicon Dental supply offers infant tooth cleaning tenders and toothbrushes for all children.

www.sipandsnap.com

The Allied Mold and Die Corporation makes developmentally appropriate training cups that support good oral health.

www.noodlesoup.com

Noodle Soup Company has many excellent

educational materials including Sippy cups, coloring pages, toothbrushes and more.

www.ShermanSpecialty.com This company emphasizes treats to support dentist and others in promoting good oral health. They have T-shirts, stickers, toys and more, all with an oral health theme.

www.ada.org This is the website of the American Dental Association. Materials for parents and caregivers are provided on the site.

www.mchoralhealth.org This web site is sponsored by the National Maternal and Child Oral Health Resource Center. Facts and figures about oral health issues in America and suggestions for improving oral health are given.

www.oralhealthamerica.org Check out this site and see how Kansas and the rest of the states rate on oral health issues.

www.dentistry.com This is an all purpose web site which includes information on products, articles, and tips for parents. Also check out its great interactive games for children.

www.saveyoursmile.com Here is a parent centered web site that give information on a number of topics of interest to parents. Check out the dental zone as well.

www.about.com-dentistry This site includes articles about tooth decay, chat rooms, and a free online newsletter.

www.umanitoba.ca/outreach/wisdomtooth From the University of Manitoba, this site has good information for parents and caregivers on baby bottle tooth decay and more.

Brushing Buddies Shopping List

Below is a list of supplies suggested for the Brushing Buddies Activities. This list is only a guide and does not reflect all of the materials you will need. Customize your list based upon which activities you are including in your event. Remember to add items necessary for setting up Brushing Buddies in the site you have chosen.

For all participants:

Name tags

Tote bag or something in which to carry items received at Brushing Buddies

Copy of the book to be read

Information on community nutrition and oral health resources

Fruit and Vegetable Bean Bag

Toss

foam core board for bean bag toss;

mouth shaped

fruit and vegetable bean bags

prizes (optional)

Face Painting

tempera paint for designs

pictures of nutrition and dental designs

for children to choose

paint brushes

Music Booth

song sheets

Visit the Dental Hygienist

toothpaste

tooth brushing chart

stickers

large set of teeth

giant toothbrush

Touch, Feel, Smell Booth

food items such as kiwi, broccoli, tofu,
string cheese, and other tooth-friendly

foods

Make Your Own Cookie Cutter Cheese

cheese slices

small cookie cutters in shape of tooth,
toothbrush, or food items

Reading Corner

Variety of books on nutrition and oral
health topics

Guess The Food

large sock or small paper bag

food items (2 of each)

toothbrush (2)

toothpaste (2)

Tooth Friendly Snacks

Oat ring cereal (such as Cheerios)

Crisp square cereal (such as Crispix or
Chex)

Goldfish shaped cheese crackers

Pretzels

M & Ms
Dried cranberries
snack sized sandwich bags

Happy Tooth-Sad Tooth

happy tooth design
sad tooth design
2 small boxes
pictures of foods

Sunny Smile

red construction paper
white construction paper
glue sticks
child safety scissors

Tooth Brushing Mobile

colored paper for mobile pieces
colored yarn
scotch tape
mini stickers

Tooth Saver Bags

tooth saver bags
fruit and vegetable stamps
stamp pads in different colors

Ants on a Log & Orange Smile

celery sticks
cream cheese
raisins
orange wedges

recipe sheets

Merry Go Round Snacks

apple slices
peanut butter
pretzel rings

Healthy Eating Hokey Pokey

music for hokey pokey
pictures of foods in food groups



Catch the Toothbrush

2 different colored Nerf Balls or a giant
stuffed toothbrush and toothpaste

Everyone Smile

film for camera
magnetic strip tape
card stock for frames
miscellaneous stickers
double stick tape for pictures
stamp pads in different colors
fruit and vegetable stamps

Nutrition Bowling

empty juice or milk containers
small ball
prizes (optional)
tape to mark bowling lines

Healthy Teeth Walk

large pictures of foods, teeth,
toothbrushes, toothpaste (2 of each)
Music
Cassette player

Visit the Dentist

toothpaste
dental mirror
smocks
x-rays and x-ray viewer
masks
other dental equipment

Master Copies of Brushing Buddies Materials

